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சுகாதார் அமைச்சு  
Ministry of Health

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දිනය ) 27 /01/2024  
তারিখ )  
Date )

General Circular No: 01-03/2024

All Provincial Directors of Health Services  
All Regional Directors of Health Services  
All Heads of Medical Institutions  
Director National Institute of Health Science  
All Medical Officers of Health

### Follow up of the Adolescents who Received Sexual and Reproductive Health Services

This is further to the Gen. Circulars No. 02-29/2011 dated 07.03.2011 and No: 01-25 /2015 dated 08.07.2015 circular by Director General of the Health Services on "Providing sexual and reproductive health (SRH) services to adolescents" and "Guideline for health staff on providing adolescent sexual & reproductive health services" issued by Family Health Bureau of the Ministry of Health in 2016.

The provision of quality adolescent sexual and reproductive health services is significant in reducing teenage pregnancies and related morbidity and mortality.

The contraceptive or family planning services are offered to adolescents based on a case-by-case assessment and at all times considering the adolescent child's best interests by the attending medical officers as per the above circular. Further, special attention shall be paid to maintaining privacy and confidentiality when providing age-appropriate SRH services for adolescents. Therefore, in order to further ensure the health, well-being and safety of the adolescent girls who have received family planning services, it is essential for the health staff to follow the below-mentioned additional follow-up measures for such adolescents until they reach adulthood, i.e., 18 completed years of age.

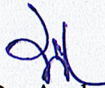
1. All adolescent girls who have received contraceptives shall be closely followed up. Area Public Health Midwife (PHM) should conduct the initial follow-up home visit after one month of accepting the family planning method.

2. Subsequent follow-up visits must be conducted at three-month intervals. These follow-up sessions can be conducted either as a clinic visit or a home visit by the area PHM as necessitated by the adopted family planning method.
3. During these follow-up sessions/visits, special attention shall be paid to the following issues:
  - Adolescent clients should be assessed for compliance and adverse effects depending on the family planning method provided and must be counselled as applicable
  - In case of any special concern or if the couples are not cohabiting anymore, the Medical Officer of Health (MOH) and the healthcare team should reassess the necessity of continuing with the family planning method and discuss it with the adolescent girl and parent/guardian. When it is necessary to continue family planning, consent from parents/guardian shall be obtained as instructed in circular No: 01-25 /2015 dated 08.07.2015 on "Providing sexual and reproductive health (SRH) services to adolescents
  - If there is any other concern about the safety and protection of the adolescent girl who has received family planning services, MOH should inform the child protection authority or the relevant field officer of the child protection authority. Such incidents must be documented, and the records should be kept confidential.
4. Copies of all documents related to the measures taken and communications should be maintained in the PHM and MOH offices, with due attention to preserving the privacy and confidentiality of the adolescent client.

**Note** - Any medical issues / side effects / adverse effects due to contraceptive use must be addressed as stipulated in the national family planning guidelines (Guidelines for service providers on implant insertion & removal, Guidelines for service providers on the use of the combined oral contraceptive pill, Guidelines for service providers on the use of injectable contraceptives, etc. <https://fhh.health.gov.lk/index.php/en/technical-units/family-planning-unit>).

For further information, please contact the Adolescent and Youth Health Unit of the Family Health Bureau - Tel: 0112699341, email: [ayhunitfhh@gmail.com](mailto:ayhunitfhh@gmail.com)

Please bring the contents of this circular to all relevant healthcare staff under your purview and ensure that these instructions are being adhered to in all instances.

  
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All Medical Officers of Maternal and Child Health

Chairman, National Child Protection Authority

President Sri Lanka College of Obstetricians & Gynecologists

President, College of Community Physicians of Sri Lanka

President, College of Sri Lanka College of Paediatricians

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